

Claims

- [c1] A free-standing rotatable support apparatus useful for physical training comprising:
- A support base,
 - A rotatable shaft extending upward from the support base,
 - A bearing locator for positioning at least one bearing for the shaft above the support base,
 - A transverse member secured to the shaft and spaced from the support base,
 - A training target depending from the transverse member laterally spaced from the shaft, and
 - A drive for rotating the vertical member.
- [c2] The apparatus of claim 1 wherein the support base comprises a flat plate.
- [c3] The apparatus of claim 2 wherein the flat plate is circular.
- [c4] The apparatus of claim 2 wherein the flat plate is rectangular.
- [c5] The apparatus of claim 2 wherein the flat plate is polygonal.

- [c6] The apparatus of claim 1 wherein the support base comprises three or more outwardly extending legs.
- [c7] The apparatus of claim 1 wherein the transverse member is reinforced with truss supports.
- [c8] The apparatus of claim 1 wherein a length from the shaft to a farthest end of the transverse member is greater than a distance from the shaft to a furthest point on the periphery of the support base.
- [c9] The apparatus of claim 1 wherein the drive comprises an electric motor.
- [c10] The apparatus of claim 9 wherein the motor is a reversible motor.
- [c11] The apparatus of claim 10 wherein the motor is a variable speed motor.
- [c12] The apparatus of claim 11 further comprising a controller for the motor.
- [c13] The apparatus of claim 12 wherein the controller is a local control, a remote control, or a programmable control mechanism.
- [c14] The apparatus of claim 1 wherein the training target comprises a heavy bag, a punching bag, or a speed bag.

- [c15] The apparatus of claim 1 wherein the training target comprises polymer foam.
- [c16] A method for conducting physical training with the apparatus of claim 1 comprising:
- Positioning the apparatus on a floor of a training area,
 - Rotating the target in a circular arc around the shaft while a trainee spars with the training target.
- [c17] The method of claim 13 further comprising randomly varying direction of the rotation.
- [c18] The method of claim 14 further comprising randomly varying speed of the rotation.